

Atlantic Crossroads

Vol. 11, No. 37 • September 15, 2006 | Lajes Field, Azores, Portugal | In the Fight!



Night lights

A KC-135 Stratotanker from McGuire Air Force Base, N.J. rests on the Lajes flightline last week before continuing on with its mission. Lajes Field is one of the primary stops for cargo, refueling and fighter aircraft on their way to and from the fight. (Photo by Staff Sgt. Timothy Sanford)

Birthday

AF leaders send birthday message

Page 2

Toyland

Grand opening of Toyland Sunday at Flightview BX

Page 5

Weekend weather

*Saturday
Partly cloudy
High 73
Low 70*



*Sunday
Partly cloudy
High 72
Low 70*





Air Force leaders send Air Force birthday message

WASHINGTON — The following is a message from Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff Gen. T. Michael Moseley on the Air Force's 59th birthday.

"Over the course of the past 59 years, the United States Air Force has established itself as the dominant force in air, space and cyberspace. Our knowledge-enabled Airmen have revolutionized the way our nation defends itself and its allies across the full spectrum of threats.

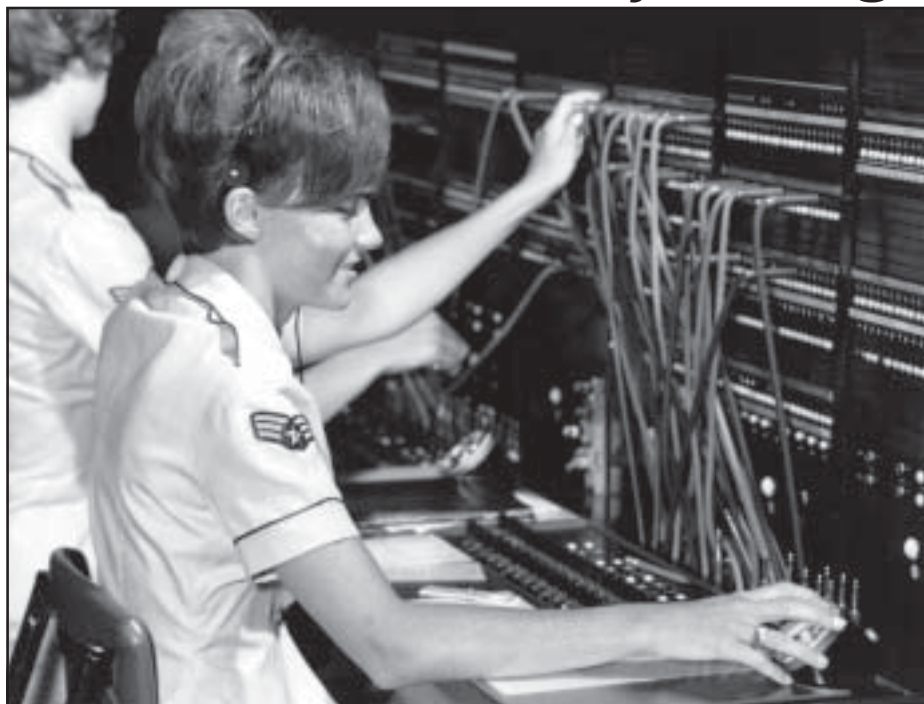
"Before our inception as an independent service, the Air Force responded wherever and whenever needed, whether for disaster relief, humanitarian operations or combat operations. We have only gotten better in time.

"Our heritage is one of technological innovation, courage and dedication. As we build on that proud heritage and look toward new and unlimited horizons, we will continue to deliver unmatched air, space and cyberspace dominance for the interdependent joint team and our nation.

"Your tireless commitment, agility and professionalism are the foundation for our successes. Without you, and the support of your families, we could not be the world-class team we are. America's Airmen exemplify our core values of Integrity First, Service Before Self and Excellence in All We Do.

"As we lead into our diamond anniversary celebration, we count on our most valuable asset – our Airmen – to continue the magnificent work our forebears began. We are confident you'll conquer tomorrow's challenges with the same courage, commitment and confidence that defined our first 59 years.

"Thanks to our entire Air Force family across the globe: active duty, civilian, Guard, Reserve, retirees, veterans, and all their families. Happy birthday, Air Force!"



U.S. Air Force Sgt. Suzann Harry, of Wildwood, N.J., operates a switchboard in the underground command post at Strategic Air Command headquarters, Offutt Air Force Base, Neb., in 1967. (U.S. Air Force photo)

An Independent Force

The National Security Act of 1947 became law on July 26, 1947. It created the Department of the Air Force, headed by a Secretary of the Air Force. Under the Department of the Air Force, the act established the United States Air Force, headed by the Chief of Staff, USAF. On Sept. 18, 1947, W. Stuart Symington became Secretary of the Air Force, and on Sept. 26, Gen. Carl A. Spaatz became the USAF's first Chief of Staff.

Commander's Line

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option for

praise or problems—but when that's not the answer, call or e-mail the Commander's Line at 535-4240 or actionline@lajes.af.mil.

- Col. Robert Winston
65th Air Base Wing
commander

The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads. The 65th ABW Public Affairs Office (Unit 7710, APO AE 09720), is located in Bldg. T-100, Room 240.

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USAFE sets course with AFSO 21

By Master Sgt. Chuck Roberts
U.S. Air Forces in Europe Public Affairs

RAMSTEIN AIR BASE, Germany (USAFENS) – To best meet the challenges of the road ahead, Gen. Tom Hobbins, U.S. Air Forces in Europe commander, assembled leaders throughout the command here to initiate USAFE-wide implementation of Air Force Smart Operations for the 21st Century.

"We're going to determine where we're going in the future, and AFSO 21 will help show which road to take for the strategic direction we need to take as a command," General Hobbins said in his opening remarks before a three-day AFSO training event that included commanders from USAFE wings, 16th Air Force and representatives from key USAFE directorates such as logistics, operations, finance and plans and programs.

AFSO 21 embraces time-tested concepts such as Lean and Six Sigma, focusing on the identification and elimination of activities, actions and policies that do not contribute to the efficient and effective operation of the Air Force. Doing so will help eliminate unnecessary work and barriers for Airmen as well as to generate savings in a constrained budget environment. The savings are needed to recapitalize the Air Force and provide improved warfighting capabilities for the joint team.

"We have to find ways of doing better with what we have, and with less effort," said General Hobbins, who stressed that AFSO 21 will especially be targeted toward reducing the workload of USAFE Airmen during a force reduction that will decrease USAFE manpower by approximately 3,500 people.

Although AFSO 21 is being introduced at command level, it has already been implemented with success at the wing level. At Spangdahlem Air Base, Germany, for example, AFSO 21

made life easier and more efficient for Airmen assigned to the 52nd Component Maintenance Squadron's Propulsion Flight.

Focus was placed on everything from the maintainers to the location of the tools that were used. Maintainers were encouraged to reevaluate their setup and eliminate non-value added movement. Their ideas and inputs changed the layout of the work area and moved toolboxes closer

to the workers in more of a bly line process. The result reduced time spent moving between what was being repaired and equipment being used.

Similar local success has been achieved by the 501st Combat Support Wing at Royal Air Force Mildenhall, England. But now, said 501st Commander Col. Blake Lindner, he is prepared to help AFSO 21 reach its full potential after attending the three-day AFSO 21 Enterprise Value Stream Mapping and Analysis event. EVSMA was used to identify processes by which USAFE delivers its warfighting capability.

"The 501st CSW has been working the tactical level piece of AFSO 21 hard," said Colonel Lindner. "This EVSMA has given us the strategic piece. Our wing's next move is to get the word out to our folks to make sure our efforts drive to achieve the AFSO 21 vision for USAFE."

At the MAJCOM level, AFSO 21 has the ability to take a good idea and implement it command-wide, said Stephen Jewett, the master process officer in charge of AFSO 21 for USAFE. During the three-day training event, possible USAFE-wide ideas included standardizing predeployment processes such as training and equipment, consolidating

training ranges, and sortie generation issues such as alternative fuels and using fewer engines while aircraft taxi on the ramp.

But in addition to improving a process at a squadron or USAFE-wide, General Hobbins stressed the importance of analyzing the horizontal effect of changes that occur as a result of force reduction. For example, if a civil engineer squadron were to lose 100 Airmen, the general said it's critical to examine how that may affect other units such as transportation, computer support or finance.

"We need to look at where processes touch other functions so that it adds value to continuous process improvement,"



Col. Charles Fox records inputs at a breakout session during a three-day meeting of U.S. Air Forces in Europe leaders designed to help USAFE-wide implementation of Air Force Smart Operations for the 21st Century. AFSO 21 focuses on the identification of elimination of activities that do not contribute to efficient Air Force operations. Colonel Fox is a reservist who serves as the USAFE mobilization assistant to the director of air and space operations. (Photo by Col. Susan Strednansky)

General Hobbins said.

AFSO 21 methodology has a history of proving its value for the Air Force dating back to 1999 when the Lean method was applied successfully to help solve inefficiencies with F-15 avionics problems at Robins Air Force Base, Ga., said Mr. Jewett.

But AFSO 21 isn't just about improving a process on the assembly line. It can be applied wherever work is done, and that makes it more important than ever for USAFE during force reduction.

"We're drawing down. That is for real," Mr. Jewett said. "But the remaining folks have to do the mission just as before, so we absolutely must improve the way we do business. We have a true need for process improvement and to reduce waste more than ever before."

A significant strength of AFSO 21, said Mr. Jewett, is that it places to Airmen in control.

"They get a voice and a choice to improve their own processes," Mr. Jewett said. "People who own the process also own the final vote, so AFSO 21 is truly a win-win situation for both the individual Airman and the command as a whole."

For more information about AFSO 21, contact your base AFSO 21 representative or the USAFE AFSO office at DSN 480-1045, or at AFSO 21 Web sites at <http://www.afso21.hq.af.mil/> or <https://wwwmil.usafe.af.mil/AFSO%2021.htm> (Contributing to this report: Tech. Sgt. Pamela Anderson, 52nd Fighter Wing, Spangdahlem Air Base)

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USAFE Cross-Check

September 2006

"Teaming to Focus on Safety"

This summer, our travels have taken us across the command, and from Lajes to Al Udeid, the outstanding Airmen of USAFE remain on the leading edge of our most critical global challenge, the War on Terrorism. As we visited the bases and watched you in action, we were continually reminded that every single Airman is essential to mission success. Safety mishaps that occur downrange or at home impede the accomplishment of our objectives and cause heartache and pain for our families, friends, co-workers...our command.

From the most senior commander to the newest Airman, safety is everyone's responsibility. It doesn't matter if we are performing base operating support or engaging in activities outside the wire, we must continue our full-court press on and off duty to prevent accidents caused by unnecessary risks, alcohol, or poor training. We have the tools to prevent mishaps and need to apply them in everything we do. Operational Risk Management (ORM) provides the guidance to assess each situation we encounter and make sound decisions based on associated levels of risk. Nothing, however, replaces good common sense and judgment. If something doesn't feel right, it probably isn't and you should correct it.

To date, the Air Force has had 44 fatal accidents in 2006. While that has decreased from 54 during the same period in 2005, it still means that 45 Airmen lost their lives—six of these Airmen were from USAFE. Some of the contributing factors that led to these tragic accidents:

- Driver distractions (cell phone, radio, GPS)
- Not using the proper emergency equipment (reflective vest/belt, signs, flashers)
- Excessive speeds
- Engaging in activities without properly assessing the risk

Supervisors must be engaged at all levels. Know your Airmen's off-duty plans. Help them understand the associated risks, consequences, and impact that every safety mishap has on both the mission and their families.

The 101 Critical Days of Summer may be over, but our focus on safety must not fade with the warm weather. As a nation at war, we can't afford to cut corners—the stakes are just too high. Together, we must protect our most vital resource, our Airmen, and continue our commitment to "Ensuring Freedom's Future."

General Tom Hobbins

CMSgt Gary Coleman

"Ensuring Freedom's Future"



Toyland grand opening Sunday

By Staff Sgt.
Christin Michaud
65th ABW Public Affairs

The toy section at the base exchange is limited in comparison to what people can get in the states, but in just over a week, there will be a larger variety of toys available for the holiday season.

The Grand Opening for Army and Air Force Exchange Services Toyland here will be 10 a.m. Sunday at the Flight View BXtra in preparation for the holidays.

Toyland will be in the same section toys are now, but will be a greater assortment of toys than are currently available. It will also include some specials and extended hours, according to Bart Bartel, Azores Exchange retail manager.

Even though there is still close to 3 months left before Christmas, shoppers are encouraged to shop early.

To avoid having to store items in their home before the holidays, the exchange offers a 120-day layaway program for customers.

Shoppers can bring purchases to the customer service counter at the rear of the Flight View BXtra.

There is no limit to the number of items people put on layaway each time, however there is a \$3 service charge each time someone uses layaway.

Beginning today through Thursday, AAFES will waive the \$3 service charge for layaways, according to Stephanie Burns, AAFES general manager.

Seasonal items like Christmas trees and decorations are not permitted to be placed on layaway.

Knowing when items arrive in country

is also a key factor in getting the best selection when shopping for toys.

"Our primary source is our stateside warehouse," said Mr. Bartel.

The MV Strong Patriot brings these items to Lajes Field.

There will be three more MV Strong Patriots deliveries before Christmas. The ship is due to arrive in Praia the first and last weeks of October, and the third week in November.

AAFES customers will begin to see an increase in stock shortly after the arrival of the Strong Patriot.

Additionally, the exchange will host four late-night sales. Those dates are Oct. 13, Nov. 25, Dec. 15 and Dec. 22. "This is a great time to get some great deals and enjoy the extended shopping hours," said Mrs. Burns. The BX will be open from 8:30

p.m. to midnight for the late-night sales.

Stocking merchandise in toyland is a priority.

"We restock daily from our remote facility," Mr. Bartel said. "If we have it available, we try to get it out as fast as possible, staffing permitting."

"Shop early for best selections," encourages Mr. Bartel. "If you need anything don't hesitate to contact our associates or management staff — we are here to serve you."

"Keep in mind, that some of the merchandise is bought a year out and is a one-time buy," stressed Mrs. Burns. "We will not be able to get it again, so your best bet is to purchase the item then or put it on layaway."

There will be giveaways, special displays and face painting during the grand opening celebration of Toyland.

The Toyland grand opening is 10 a.m. Sunday. There will be giveaways and no interest for 3 months for people who use their Star card. For more information call 535-5236.

Good to Know

New license plate deadline nears

In an ongoing effort to enhance force protection measures, POV license plates for Lajes personnel will now match the license plates of local Portuguese hosts.

All vehicle registrants must have the new plates by Sept. 30.

People must first stop at Pass and Registration.

The cost of the new license plate will be \$30.

The license plates can be picked up at the Auto Hobby shop. The 65th Services Squadron has purchased the machine and plates to do the SUV style plates, similar to the local national ones. "This should enable us to fit every car with a license plate without having to do brackets," said Jeff Adams, Community Support Flight chief.

The Pass and Registration office is open Monday and Wednesday from 9:30 a.m. to 5 p.m., Tuesday and Thursday from 8 a.m. to 5 p.m. and Fridays from 6 a.m. to 2 p.m. For more information, call 535-3611.

Cabo TV service

The PT store at the Portuguese Terminal now makes contracts for the Portuguese cable company, Cabo TV Acoreana. To subscribe, stop at that office to sign a contract. They are open 8:30 a.m. – noon and 1-5 p.m. For more information call 295-572-209.

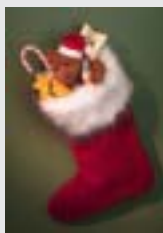
IDEA program

The IDEA Program is an incentive program to recognize submitters for approved ideas that benefit the government by streamlining processes or improving productivity and efficiency. It also recognizes individuals for intangible benefits such as improving morale or working conditions.

Ideas can be submitted via the internet at <https://ipds.mont.disa.mil>. For more information, contact your unit point of contact or the Installation IDEA Program Manager at 535-1144.

Don't miss ...

- Face painting noon to 3 p.m.
- Kids story hour 1 to 2 p.m.
- Jump in the Whopper Hopper
- 50 percent off selected board games
- Save 10 percent on kids computer software
- Save 35 percent on Little Tykes Little Champs Basketball
- No layaway fee all day
- Use your Military Star Card for no interest for first 3 months on toy purchases.





The 65th Mission Support Group took home the Titanic Award with their 13-seconds afloat.



2nd Lt. Ivan Brown and 1st Lt. Brian Muhlke put the finishing touch on their boat, cheered, sleek design and upper body strength combined to win the S.S. Oliver trophy.



Members of the 65th Mission Support Group used their compass in the shallow end of the pool before finding their way to the finish line.

Anchors away

Lajes Airmen play sailor for a day in Services Build-a-Boat Regatta

Story and photos by Matthew Weir
65th Air Base Wing

"On your mark ...

"get set ...

"GO!"

roared Tommy Brooks at the start of the first-ever Lajes Build-a-Boat Regatta Saturday at the base swimming pool.

Before the Services marketing director's words finished echoing down the hill from the pool to the ocean, more than 50 would-be sailors grabbed duct tape and cardboard and began to create their floating works of art.

Seven teams used 2 and a half hours, four rolls of duct tape, three sheets of cardboard, one box cutter and vivid imaginations to create a craft that two people could paddle down and

back in the base pool. To win they were judged on team cheer, boat design and race time. "If

you build a boat, you've got to float it," Mr. Brooks said.

With six to eight people per team and seven teams participating, the crowd grew quickly. By race time, several hundred spectators had gathered at the pool to cheer and celebrate the event.

The 65th Communications Squadron took first place with their Pirate Booty Hunter boat. While it wasn't the prettiest ship in the world, their team cheer and the upper body strength of 2nd Lt. Ivan Brown and 1st Lt. Brian Muhlke pulled them into the lead.

"It feels great to be the first champions of the Lajes Regatta," said Lieutenant Brown. The Communications Squadron received the coveted S.S. Oliver trophy, which they will have to defend at next year's regatta.

"Those guys had their act together, from their boat to their cheer," Mr. Brooks said. "You get judged on everything. Unless you have all three working, you won't have much of a chance."

The 65th Civil Engineer Squadron had a secret weapon with the only actual Sailor, and they used that obvious advantage to take second place.

"Our cheer was a little weak," said Navy Lt. Jared Bickham, "but I had 100 percent faith and confidence in the boat we built."

According to the members of the 65th

Operations Support Squadron, the team's planning led to the creation of one of the sleekest boats in the competition. Staff Sgt. Jesse Crose's pontoon boat team created the judges' favorite, being the first to race, the team took the advantage of hearing other teams' losing points in the team cheer. The race time put them in third.

"Sometimes speed is not the key," said Rudy Wallace, Lajes Communications director. "The key is to survive and back."

Only one team didn't make it. The 65th Services Squadron took home the dubious honor of the Titanic Award. The 65th Services Squadron went with a flat, aerodynamic boat. The rowers would have to lie down. But all the thought the team had, the boat weighed it down and it took 13 seconds.

Win or lose, the Build-a-Boat Regatta wasn't designed for glory. The regatta was a community cohesion, said Mr. Brooks.

The Build-a-Boat Regatta is a tradition at Lajes Community Center's Community Center. It helps team building and lets team members' minds off of their jobs for a while. The Services Squadron will be back next year.



Tommy Brooks gave his best Captain Morgan impression while hosting the first ever Lajes Build-a-Boat Regatta.

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Above - The 65th Operations Support Squadron team proudly carries their pontoon boat to the starting line.
Left - Before and after: The 65th Mission Support Squadron team sings their "Love Boat" team cheer. One of the squadron members rushes to congratulate her teammates at the finish.

Customer College graduates

Below are the names of the most recent Customer College Bachelor's Class graduates from the Sept. 5 -7 class:

Staff Sgt. Jessica Harrison, 65th Civil Engineer Squadron; Staff Sgt. Nick Burres, 65th CES; Airman Paul Huppe, 65th Communications Squadron; Airman 1st Class Aaron McLees, 65th CS; Airman Daniel Carr, 65th CS; Airman Steven Brumley, 65th CS; Senior Airman Monica Carranza, 65th Medical Operations Squadron; and Staff Sgt. Kamilah Ballenger, 65th Services Squadron. Sergeant Carranza was voted as distinguished graduate by her peers.

For more information on Customer College, call Rosanne Callens at 535-2009.

SFS Blotter

Sept. 9

LARCENY:

Summary: The Complainant entered to the SDCC to report that he had found one door to his workplace unlocked and a window cracked open with some belongings missing from his shop. The complainant stated that money from the unit snack bar fund could have been stolen. Evidence and fingerprints were collected at the scene and the incident is currently under investigation.

Sept. 2

STOLEN VEHICLE

Summary: The complainant entered the SDCC to report his privately owned vehicle in Praia was missing. He stated he parked his vehicle on the side of the street near his place of residence in Praia da Victoria. He locked the doors but left an extra set of keys in the center console. The complainant further stated when he noticed his vehicle was missing, he initiated a search for his vehicle without any results. The following missing items were inside the vehicle: one Common Access Card, one A-bag, with one Kevlar helmet, one web belt, one canteen, one ammo pouch, one medical kit and one sleeping bag inside the A-bag, one C-bag, with one Battle Dress Over garment Shirt, one BDO garment pants, one pair of boots, one gas mask and one gas mask carrier inside the C-bag, two pair of running shoes, one pair valued at 46 USD, one pillow, one Battle Dress Uniform Shirt, one BDU pants, one pair of boots and a few personal items i.e. notebooks, papers, etc. Total value of all missing items is unknown.

At the movies



Today: 7 p.m. - John Tucker Must Die starring Jesse Metcalfe, Sophia Bush

When three popular girls from

different cliques discover they've all been dating the school stud, they band together to seek revenge. Despite the

jerk's charm and ever-growing popularity, the girls cleverly scheme with the help of the inconspicuous new girl in town, to soil his reputation and break his heart. Rated PG-13 (sexual content, language) 90 min



10 p.m. - Lady in the Water starring Paul Giamatti, Bryce Dallas Howard Cleveland Heep, a modest building manager, rescues a mysterious young woman from danger and discovers she is actually a narf—a character from a bedtime story who is trying to make the treacherous journey from our world back to hers. Cleveland and his fellow tenants start to realize that they are also characters in this bedtime story. Rated PG-13 (frightening sequences) 115 min

Saturday:

3 p.m. - John Tucker Must Die

7 p.m. - Clerks 2 starring Brian Christopher O'Halloran and Jeff Anderson

Ten years ago, best friends Dante Hicks and Randal Graves were New Jersey mini-mall clerks still slacking off together in their early 20s. Now working in the fast-food universe, Dante and Randal have managed to maintain, and even hone, their in-your-face attitudes, agile skill with vulgarities and unbridled love of taking advantage of the customers. Rated R (sexual/crude content, sexuality, language, drug material) 98 min

Sunday:

2 p.m. - John Tucker Must Die

7 p.m. - Lady in the Water

Thursday:

7 p.m. - Clerks 2

Jenny, the military spouse

The Charity Box

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Musicians heart, soul of Tops In Blue

By Steve VanWert
Air Force Services Agency

"The lifeblood of a Tops In Blue show is the music," said Barry Best.

He should know. Mr. Best has been music director for Tops In Blue, the Air Force Expeditionary entertainment troupe since 2000, and was lead music arranger for five years before that. He holds a bachelor's degree in music from Valdosta State University in Georgia and owns his own music production company that produces CD projects, demos and music for radio and TV. He knows music and he knows musicians.

"It all starts with the musicians," he said. "With the Air Force downsizing in recent years, there has been a corresponding decline in available musicians. If you love music and have some playing skill, I urge you to apply."

Tops In Blue is looking for all types of musicians. They use the typical pop/rock/swing band format (drums, bass, guitar, keyboards and horn players), but are also interested in other instruments, as well. Musicians considering applying for Tops In Blue don't need to be

professional-level players, but do need to have a baseline proficiency level on their instrument adequate to play in a pop or rock band. Of course, the better you play, the better your chances to be selected for the tour.

"There's an intense 60-day training period in preparation for the tour," said Mr. Best, "during which time the

musicians learn a great deal about music in general and professional playing. Airmen who have seen a Tops In Blue show may have been intimidated into thinking they weren't good enough to try out, but believe me, the people on that stage could not have done the show you saw without some intensive training and professional development.

"It's a challenge every year to put our show on the road," he said, "and we need your help."

Tops In Blue is looking for a standard four-piece rhythm section made up of drums, bass, guitar and keyboard, an auxiliary keyboard player who handles string parts, organ, synth lines, and must be a note reader, and a horn section. The horn section may be made up of two trumpets, alto saxophone, tenor sax and trombone, or similar lineup.

To pick up an audition kit, stop by the community center in Bldg. T-307. For more information, call Rudy Wallace or Marco Rocha, at 535-4135/5216



Musicians are the heart and soul of Tops In Blue, the Air Force Expeditionary Entertainment Troupe. (Photo by Airman 1st Class Julius Delos Reyes)

"Being a musician for Tops In Blue is the experience of a lifetime," said Mr. Best. "The chance to learn contemporary, real-world playing skills, tour the world with a professional-level show, including staging, lighting and audio, and rise to almost any adversity, truly makes Air Force Core Values an integral part of the way you do things. Tops In Blue changes people."

To apply for the 2007 tour, musicians need to compete at the Worldwide Talent Contest held at Lackland Air Force Base, Texas, every year. Applications and instructions are available at each local base Services office, or online at www.topsinblue.com.

Lajes Services Web page receives facelift

By Tommy Brooks
65th SVS Marketing
Director

As a recent newcomer to the Lajes community, I know what it is like to have a need for information; information about my new base, information on the local community, and the ability to show my friends and family where it is that I will be living for the next two years.

It was that need that drove the 65th Services Squadron to revamp their entire commercial Web site. The new look of the Web site now includes newcomer information as well as an all new photo gallery of the Terceira Island sights. For the families that have been on

the island for some time now, there is the downloadable "At a Glance" monthly publication, keeping everyone up to date on all of the happenings and events at Lajes.

"It's a one-stop shop with a cool new look, and provides all of our customers with the information they need to make their stay on the island more enjoyable," said Lt. Col. John Oliver, 65th Services Squadron commander.

Whether it is the AAFES movie schedule, hours of operation, USAFE programs, NAF job announcements, or just pictures of the beautiful Terceira Island, you can find it all at www.lajes-services.com.





Face off

Left - Brandon Wengert and his son Ronnie have a face off during soccer practice last week. Games begin this weekend.

Below - Jack Anderson learns the basics of being a goalie during soccer practice. (Photos by 1st Lt. Shilo Weir)



Armchair Quarterback Challenge

Each week during football season, the Crossroads publishes a list of the National Football League games of the week for Team Lajes to predict. The person with the most correct picks will win free movie passes (admit two), \$3 off any Burger King purchase and a "rent-one-get-one free" at the Shoppette donated by AAFES.

The number-one-ranked Armchair Q.B. each week will get his or her name and photo published in the Crossroads and we'll also print any smack talk the winner chooses to submit. Congratulations to week one winner, **Wayne Parsons** who only missed four and won with the tiebreaker points. Now for the losers -- they get the honor of the "You Don't Know Jack" award. This week's loser was newcomer Jesse Richardson who missed nine - that's right - NINE - WOW! Better luck next week. Last year's regulars Julian Kaelin and Ron Trembath didn't do that hot either - they each missed eight. Come on guys. Slow start this season.

Bring picks to the Public Affairs office in room 240 of Bldg. T-100 or e-mail them to lajesnews@lajes.af.mil. All entries must be submitted before the opening kickoff to the first game Sunday. In the case of a tie, a winner will be decided by who picks the closest combined score of the Monday Night game.

*"Wit a wee bit of luck from me
Fightin' Irish, I was able to find me
pot o' gold at the end of the
rainbow. Do you have the guts to
challenge me again?"*



-Wayne Parsons

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| <input type="checkbox"/> | Buffalo Bills vs. Miami Dolphins | <input type="checkbox"/> |
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| <input type="checkbox"/> | Houston Texans vs. Indianapolis Colts | <input type="checkbox"/> |
| <input type="checkbox"/> | New Orleans Saints vs. Green Bay Packers | <input type="checkbox"/> |
| <input type="checkbox"/> | New York Giants vs. Philadelphia Eagles | <input type="checkbox"/> |
| <input type="checkbox"/> | Oakland Raiders vs. Baltimore Ravens | <input type="checkbox"/> |
| <input type="checkbox"/> | Tampa Bay Buccaneers vs. Atlanta Falcons | <input type="checkbox"/> |
| <input type="checkbox"/> | Arizona Cardinals vs. Seattle Seahawks | <input type="checkbox"/> |
| <input type="checkbox"/> | St. Louis Rams vs. San Francisco 49ers | <input type="checkbox"/> |
| <input type="checkbox"/> | Kansas City Chiefs vs. Denver Broncos | <input type="checkbox"/> |
| <input type="checkbox"/> | New England Patriots vs. New York Jets | <input type="checkbox"/> |
| <input type="checkbox"/> | Tennessee Titans vs. San Diego Chargers | <input type="checkbox"/> |
| <input type="checkbox"/> | Washington Redskins vs. Dallas Cowboys | <input type="checkbox"/> |
| <input type="checkbox"/> | Pittsburgh Steelers vs. Jacksonville Jaguars | <input type="checkbox"/> |

Total Points for Monday's Game: _____



Saturated fat secrets

September is National Cholesterol Education Month

By Capt. Lisa Tauai
Health Promotions
element chief

September is National Cholesterol Education Month and is a good time to begin improving your diet for better health.

Saturated fat, which is found in butter, lard, fatty meats, and many snack foods containing hydrogenated oils, is the primary culprit resulting in high blood cholesterol levels.

High blood levels of cholesterol directly increase the risk of heart disease, which is a silent but preventable killer.

A healthy diet should be composed of only 7 to 10 percent of total calories from saturated fat. This accounts for roughly no more than 10 to 20 grams of saturated fat

per day.

Following a diet low in saturated fat is not as difficult as many people imagine. The key is to make dietary changes slowly and embrace healthy eating as a way of life. The following nutrition tips coupled with

an active lifestyle will improve your cholesterol levels, result in weight loss, and enhance your overall health.

Make dietary changes gradually.

- o Add one more vegetable to your lunch and dinner menu.
- o Read food labels

and choose foods lowest in saturated fat and trans-fatty acids.

Limit meats at each meal while increasing vegetables and whole grain starches.

o Vegetables and whole grain starches should take up $\frac{3}{4}$ of your plate.

o Increase your intake of vegetarian-style (meatless) meals and/or dry beans each week for added fiber.

Chose fruits or other desserts and snacks low in saturated fat and cholesterol.

- o Dried fruits or fruits

canned in their own juices are an excellent finish to a heart-healthy meal.

o Other low-fat snacks and desserts include: low-fat yogurt and frozen yogurt, graham crackers, unsalted pretzels or nuts mixed with raisins, raw vegetables, or low-fat popcorn.

In honor of September's National Cholesterol Education Month, the Health and Wellness Center is sponsoring a booth displaying a variety of educational materials, give-a-ways, and information on upcoming HAWC programs will be available 10:30 a.m. to 1 p.m. Sept. 22 at the Commissary.

Call 535-3889 to sign up for our programs and take the first step to a healthier you!

The HAWC will host an information booth from 10:30 a.m. to 1 p.m. Sept. 22 at the commissary. For more information on HAWC programs or eating healthy, call 535-3889.

Make your military health benefit work for you:

Check your coverage

This month, the 65th Medical Group is providing information for those new to Lajes or who have recently had a change in their family, such as a move or a new baby, about keeping their military health benefit up to date. Last week, we discussed Step 1: Verify Eligibility by ensuring your DEERS information is updated (see www.tricare.osd.mil/DEERS for details). This week, we'll tell you how to make sure you have the coverage your family needs.

Step 2: Check Your Coverage

At Lajes, active-duty family members have two options for medical care: TRICARE Prime and TRICARE Standard.

Most active-duty families choose TRICARE Prime. TRICARE Prime provides you health benefits with no out-of-pocket costs for covered services, a Primary Care Manager and priority access to military medical facilities. At Lajes, this also includes Travel Entitlement to be seen off-island for medically necessary procedures.

TRICARE Standard covers all retirees and is an option for active-duty family members who want more freedom to choose providers. Costs include deductibles (money you pay before TRICARE benefits take effect) and cost shares (a percentage of medical bills which you are responsible for paying). Also, TRICARE Standard patients are not entitled to Travel Entitlements, so if the specialty care is not available on island, the patient will be responsible for all travel costs.

How to Enroll

To enroll in TRICARE Prime, active-duty families should contact the TRICARE Service Center at 295-57-3261, option 4, 2, 1.

Retirees under age 65 and active-duty families who choose TRICARE Standard do not need to enroll, but it is still a good idea to contact your TRICARE Service Center to verify that you are in the system correctly. Retirees who are 65 or older must enroll in Medicare Part B to be eligible for TRICARE for Life. Your TRICARE Service Center can provide

information on how to do this.

There are a variety of special programs for Reserve component members, and their families, who are on active duty or who have been activated in support of a major contingency such as Operations Enduring Freedom or Iraqi Freedom. Go to www.tricare.osd.mil/reserve for details.

Dental Care

Military dental facilities overseas treat family members on a space-available basis. The availability of appointments varies by location and circumstances—such as deployments. Therefore, active-duty and certain Reserve component families are encouraged to consider enrollment in the TRICARE Dental Program, which offers coverage for most dental procedures, including orthodontics and dental implants, for a low monthly premium. Active-duty families pay just \$10.51 for one family member and \$26.27 for multiple family members. For details, go to www.tricaredentalprogram.com.

Next week: Part 3: Know how to get care

(Courtesy of the 65th Medical Group)



EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

Note: If trying to reach POCs off base, dial 295-57-XXXX (last four digits of the number listed).

In the Community

Street bullfights: **Saturday:** 5:30 p.m. Amoreiras; **Sunday:** 5 p.m. Ribeira dos Pães, Lajes; 5:30 p.m. Rua Alfredo Sampaio, São Bento; **Monday:** 5:30 p.m. Biscoitos; **Wednesday:** 5 p.m. Porto Martins; 5:30 p.m. Biscoitos; **Thursday:** 5 p.m. Porto Martins and 5:30 p.m. Biscoitos.

City without cars: The City Hall of Angra will join, for the sixth year in a row, the European Mobility Week which will take place Saturday to Sept. 22. During this week the traffic of motor vehicles will be limited in the city's center and on Sept. 22 traffic will be totally prohibited except for pedestrians, bicycles and other nonpolluting means of transportation. This European initiative aims at making people sensitive to the effects that cars have on the environment.

Miscellaneous

ESC offers family portraits: The ESC is offering family portraits taken on the island. Today they will be taking pictures in the area behind the TORC, on Saturday on Praia Beach, and on Sunday, in Biscoitos. Sitting fee is \$10 upon appointment and picture packages will be available. Call to schedule your appointment. For more information, call Jodi Warminsky at 965-353-365.

OSC function: The Lajes Officers' Spouses' Club will host their next membership function, "Breakfast for Dinner" 6:30 p.m. Thursday in the TORC ballroom. Dress in your PJs for a comfy and fun evening. Members, remember to get a baby picture of yourself to Susan Hoff. Cost will be \$10 (club members) or \$11 (non-club members) per person. R.S.V.P. required. Contact Lorna at 295-549-203 or e-mail lajesoscreservations@yahoo.com. All spouses of U.S. military officers, Civilian DoD/DoDDS employees and their spouses (GS-09 or above and equivalents) and spouses of contract civilians are wel-

come to attend. If interested in becoming a member, contact Felicia Hudson at feliciahudson@yahoo.com.

Wild Gypsy Performance: Don't miss energetic, fast paced, full of fun, and lots of great rock music. "Wild Gypsy" will perform at the TORC Enlisted Lounge at 9 p.m. Sept. 22. For more information, call Rudy Wallace at 535-4135.

African American Heritage Committee:

The next African American Heritage Committee Meeting is Sept. 20. Meetings are every 3rd Wednesday of the month at 4 p.m. in the TORC Officer's Room. It is open to all Lajes Personnel.

We are currently accepting nominations for committee officers. Please contact any current AAHC officer/member for new membership, submissions, or any additional AAHC information. For more information, call Master Sgt. Wendell Crittenden at 535-1468 or Master Sgt. Pamela Crittenden at 535-3818.

Alcoholics Anonymous: AA meetings take place 8:30 p.m. Tuesdays in the basement of the base chapel (T-305). This is an English speaking meeting. For more information, call 295-513-297

An Al-Anon meeting takes place at the Azorean Baptist Church at 7 p.m. Thursday evenings. Al-Anon is a support group for friends and family of alcoholics. This is an English speaking meeting. For information or directions call 295-549-731.

2006 Spirit House Ornament Sale: The Officers' Spouses' Club will be selling ornaments from 11 a.m. to 3 p.m. Sept. 30 outside the Commissary and Ocean View BX.

The ornament is a solid pewter design of the Imperio, "Largo do Comendador Pamplona," located in Porto Martins. Cost is \$12 for one ornament or \$10 each for two or more. There is a limited number of ornaments available so come early.

Education

University of Phoenix:

The University of Phoenix offers the MBA and several Master of Arts in Education programs to the Lajes Community. Classes are 6 weeks long and you can earn your degree in less than 24 months. There are no entrance exams or thesis requirements. Office hours are 9 a.m. to 3 p.m. Monday through Thursday and 10 a.m. to 1 p.m. Friday. For more information, call *Etleva Davis* at 535-1970 or etleva.davis@phoenix.edu.

UFT Selection Board: The next Undergraduate Flying Training Selection Board will convene at Air Force Personnel Center Jan. 7. This Selection Board will review active-duty applications for selection to pilot, CSO, and Air Battle Manager Training. Those officers with a date of birth after April 1, 1977, who meet all other eligibility criteria, will be eligible to apply for UFT. Applicants are responsible to advise commanders/supervisors providing AF IMT 215 comments of the application deadline. Applicants must send the completed application, postmarked by Nov. 27 To HQ AFPC/DPAOT3, 550 C Street West Suite 31, Randolph AFB TX 78150-4733. For information on application procedures, See AFI 36-2205.

Jobs/Volunteer

Computer lab monitor: UMUC has a part time job opening for a computer lab monitor. The hours are Monday to Thursday 5 to 1 p.m. The job comes with selected tuition remission benefits. The job begins Oct. 1. For more information, call UMUC at 535-4187 or stop by T-146.

Volunteers for orphanage trip: There will be a trip to the Angra all-girls orphanage Saturday from 2 p.m. To car pool, meet at the commissary at 1:30 p.m. On Sept. 23, there will also be a trip to a boys orphanage at the same time. Donations are appreciated, but not required. For more information, call Monique Thomas at 295-549-668 or e-mail morenachik03@yahoo.com

tors: Volunteer Bus Monitors are needed for school year 2006-2007. For information contact *Janet Ross* at Janet.Ross@lajes.af.mil or 295-57-1314.

Chapel

September chapel events: New Creation Café: 7 p.m. today at Eddies Place; Men's Spiritual Leadership Training/Breakfast: 8 a.m. Sunday at the chapel; AWANA Starts: 6 p.m. Tuesday at the chapel; Children and Youth Movie Night: 6 p.m. Sept. 22 at the chapel.

For more information on chapel events at 535-4211.

Classified Ads

E-mail ads to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

For sale: White and Blue Nike 360 running shoes, never worn, size 11.5. \$160 shoe, selling for \$90. Call 295-549-819.

For rent: Immediate move in to take over 5 months of lease, 3B Canada Do Serra, Porto Martins 2 story detached/5 bedroom, 2 full baths, 5-10 minute walk to Buzios, great ocean view, 110V in every room/some with 220V as well. On bus route, cable ready, block/stone fenced yard. Has alarm/all windows fitted with security doors. Designated parking (w/gate) and in front of house. Rent 750€/utilities paid by tenant. Contact: Chris - 965-391-352 (anytime) or 535-5280 (day only)

For sale: 19" TV w/remote and RCA adapter \$30, 2 phones w/caller ID \$5 ea, PS1 bundle w/2 mem cards & extra controller w/8 kids games \$30, 12 cup coffee pot black \$10, Fry daddy \$10, Black elect can opener \$5, DVD cases 20 for \$1(have over 100), Weber one touch charcoal grill \$20, 12 PS2 games varying from \$1-\$15. Call for info on games. Contact 295-549-489/963-791-511.

For rent: 2-3 bedroom/ 2 bath house in Porto Martins. Ocean view, large bathroom and all appliances included. AFN satellite dish already set up for all channels - all you need is the decoder. Asking 1350 euros, but negotiable. Call 919-404-876.

For sale: 1988 Renault 21 White, 4dr, 5-speed, power windows, power locks, new transmission, new windshield, new tires, good condition. Inspection good until Aug 07. \$1,500 Contact Wayne at 963-437-194

For sale: African-American Art Print for sale by the famous artist Annie Lee. The print is called Holy Ghost. The print is new, unframed and still in the mailing tube. Asking price \$50, firm. Call Kowana 295-549-250.

For sale the Limousine of Island Bombs: 1988 Lincoln Town Car Signature Series: Automatic, 90,000+ miles, working AC, CD player, new springs and shocks, transmission filter. I have a new muffler and pipes that I haven't put on. Transmission needs work. Make me an offer. Call 968-713-450

For sale: BMW 525i 1994 in excellent condition. \$5,500 OBO. Contact charles.mcgee@lajes.af.mil